

Hey! It is [Plastic Free July](https://www.plasticfreejuly.org) next month!

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I wonder who would like to join me in the challenge to live with even less plastic?

I know most of you are already making lots of small changes to reduce your plastic consumption and things are improving! For example, I rarely go into a supermarket these days as I buy from markets and small local shops that accept my bags and containers. So when I did a bit of shopping at Woollies for a sick friend on Monday evening I was heartened that everyone had their own bags. It's a start!

As a result, I see far less plastic bags on my ride to work. But I still see far too many drink bottles, coffee cups and lids and straws blocking our drains. I know we all put our stuff in the bins but we also need to think about the resources that go into making these throwaway items and the lack of recycling options at the disposal end.

One of the reasons I do not shop in supermarkets is that I don't see food, I just see a sea of plastic packaging, shelf after shelf, row after row. I start to feel anxious and overwhelmed and scared by it all. There is so much other plastic in our food chain. So for my sanity's sake, I stay away from supermarkets...

Perhaps – in order to inspire (or scare?) you, next time you go to the supermarket, look down the aisles and see if you can see what I see...

But don't get depressed and anxious! Let's use Plastic Free July to share ideas of how to change our shopping and cooking habits for a cleaner better world! It is actually rewarding, fun and satisfying and helps to build community and reconnect you with your local small shop owners and marketeers at the same time!

Who's in?

First hint: Preston Market is a great place to take your own containers and bags! Where else would you recommend?

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